

Nampa

March 30 – May 4, Fridays, 2–4 pm
Karcher Estates
1127 Caldwell Blvd

Pocatello

June 5 – July 10, Tuesdays, 4:30–6:30 pm
Southeastern District Health Department
1901 Alvin Ricken Drive

This in-depth program teaches skills needed to better manage arthritis -- and covers ways to reduce pain and stress, cope with fatigue, use medications wisely and benefit from exercise.

Treasure Valley

Nampa Recreation Center 468-5777
Eagle: Rocky Mountain Fitness
& Recreation 939-3878
Boise: St. Luke's Idaho Elks
Rehabilitation Services 489-5026

Southwest

Emmett Serenity Living 365-1122

Central Idaho

Twin Falls Senior Center 734-8499

Eastern Idaho

Pocatello Care & Rehab 478-3343
Downey: Downata Hot Springs 897-5645
Fort Hall: Shoshone-Bannock Elderly
Nutrition Bldg 238-5435

This joint-safe program helps decrease arthritis pain and relieve stiffness – using low-impact, gentle exercises to increase flexibility and maintain muscle strength.

Panhandle

Couer d'Alene Tribal Wellness 686-9355

Treasure Valley

Nampa Recreation Center 468-5777
Eagle: Rocky Mountain Fitness
& Recreation 939-3878
Boise: St. Luke's Idaho Elks
Rehabilitation Services 489-5026
Boise: Treasure Valley Family
YMCA 344-5501
Boise: West Family YMCA 377-9622

Southwest

Givens Hot Springs 495-2000

Central Idaho

Ketchum: St. Luke's Idaho Elks
Rehabilitation Services 489-5026
Twin Falls: YMCA/Twin Falls Pool 734-2336
Jerome: Best Western Sawtooth
Inn 324-9200

Eastern Idaho

Idaho Falls: Apple Athletic Club 529-8600
Pocatello: Portneuf Medical Center 239-1866
Blackfoot: Bingham Memorial
Hospital 785-3883
Downey: Downata Hot Springs 897-5645
Idaho Falls: Peak Performance at
Mt. View Hospital 557-2800

This warm-water recreational program includes range-of-motion exercises, strengthening exercises, and optional endurance exercises.